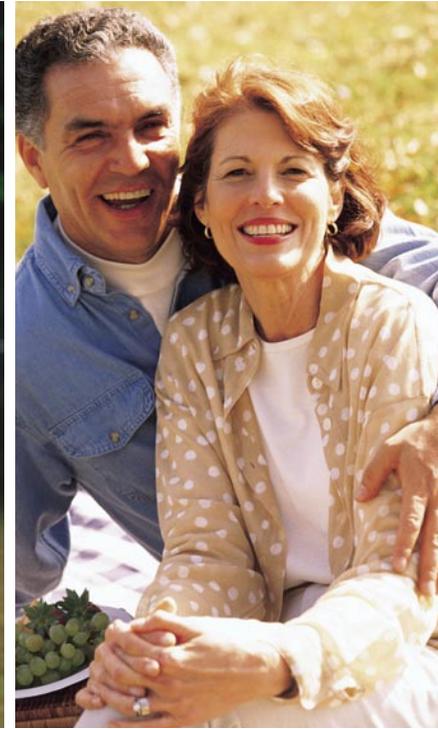
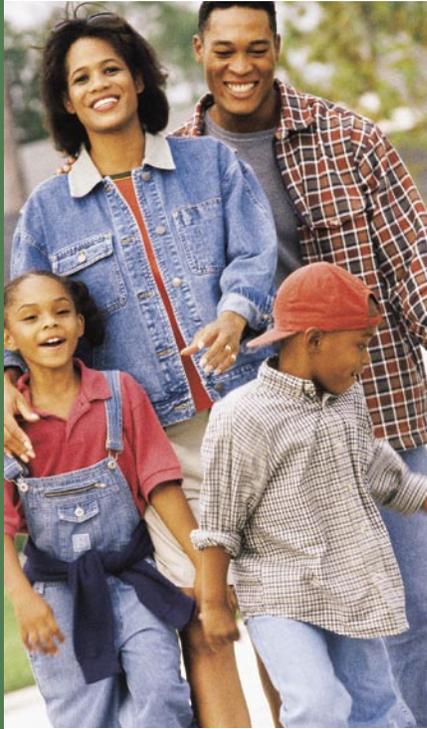


# Mosquitoes, Diseases, and YOU!



You can protect yourself against  
**WEST NILE VIRUS** and **EASTERN EQUINE ENCEPHALITIS VIRUS** by:

- ◆ Using Insect Repellent
- ◆ Wearing Long-Sleeved Shirts, Pants and Socks When Outdoors
- ◆ Installing or Repairing Window Screens
- ◆ Avoiding the Outdoors at Dawn and Dusk
- ◆ Draining Standing Water

For more information contact the  
Maine Center for Disease Control and Prevention  
(formerly Bureau of Health)  
Department of Health and Human Services  
[www.MainePublicHealth.gov](http://www.MainePublicHealth.gov)  
1-800-821-5821



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